



FRESH FORK MARKET

Week 10 Winter 2013-14

Volume V, Issue 98

www.FreshForkMarket.com



Week 10 Winter Contents:

Garlic Scape & Spinach Ravioli, 1 Doz
Chicken Italian Sausage, 1 Pack
1 Doz Eggs
Chopped Tomatoes, 1 Quart
Green Beans/Peas, 1 Quart
Cauliflower, 1 Quart
Mixed Dried Beans, 1.5 lbs
Green Leaf Lettuce
Yukon Gold Potatoes, 3 lbs
Apple Cider, 1 Gal

Vegetable Bean Soup

This is an awesome way to use up those beans that many of us tend to set aside! With the cold weather upon us once again, this soup will be sure to warm you up!

Ingredients

1 1/2 cups dry beans
2 tablespoons olive oil or sunflower oil
1 onion, chopped
1/2 cup dry wine, broth or water
3 quarts low-sodium chicken, vegetable or beef broth
3 bay leaves
1 (28-ounce) can crushed or diced tomatoes, with their liquid
1/4 cup chopped fresh herbs
1/2 cup uncooked rice
4 cups Frozen Vegetables

Instructions:

Soak beans overnight in 8 cups water overnight; drain well. Cook 1 chopped onion in oil or broth in a large, deep pot over medium-high heat until deep golden brown. Deglaze with wine, cooking until almost absorbed. Add drained beans, broth and bay leaves. Bring to a boil, cover and simmer until almost tender, about 2 hours. Skim off and discard any foam that shows up on the surface. Stir in tomatoes, herbs and rice. Simmer until rice and beans are tender, 20 to 30 minutes longer. Stir in frozen vegetables. Cook until hot throughout, about 10 minutes more. Season with salt and pepper and 2 tablespoons something flavorful

Pasta with Sausage, Tomatoes and Roasted Peppers

This is a delicious way to use your Chicken Italian Sausage from this week's bag! If you haven't had an opportunity to try them yet, our Roasted Red Peppers would be a great addition to the dish!

Ingredients

1 Tbsp olive oil
3/4 pound Italian sausage, sweet or hot
2-3 garlic cloves, minced
1 cup roasted red bell peppers, chopped
1 Tbsp capers
1/2 cup pitted black olives, halved
3-4 large fresh tomatoes, seeded and chopped
1/4 cup chopped fresh basil

1 pound linguine or other pasta

Instructions:

Heat a large pot of salted water to a boil. While the water is heating, prepare the sausage and peppers. Heat the olive oil in a large sauté pan on medium heat. Add the sausage, breaking it up into bits with your fingers as you add it to the pan or with a wooden spoon once it's in the pan. When the sausage starts to brown, add the garlic and cook for another minute. Mix in the roasted red peppers, capers and olives. If the pasta water isn't boiling yet, remove the sauté pan from the heat. Once the pasta water is boiling, add the pasta to the pot. When the pasta is almost done, increase the heat to high on the sauté pan and when the sausage mixture starts to sizzle, add the chopped tomatoes and basil. Toss to combine and lower the heat to medium-low. Drain the pasta and put it in a large bowl. Add the sausage mix to the bowl and toss to combine.

Warm Green Bean Salad

This recipe was found on My French Cuisine. A delicious pairing of potatoes and green beans!

Ingredients:

1 lb green beans
8-10 small potatoes (about 1 lb).
1 small shallot

Dressing:

1 1/2 Tbsp old-style Dijon mustard
1 Tbsp red wine vinegar
2 Tbsp sunflower oil
2 Tbsp olive oil
salt and freshly ground black pepper

Instructions:

Start with the potatoes: peel them and boil them in salted water until cooked but still firm (stop cooking as soon as a knife can go through easily), about 15 minutes. Hull the beans² by carefully snapping each end and pulling the string that runs along the bean (which is only a problem in more mature beans). Rinse the beans. While the potatoes are cooking, prepare the dressing. Place all the ingredients in a small sealable container³. Close tightly with a leak-proof lid. Shake well until homogeneous. Thinly chop the shallot and place at the bottom of a large salad bowl. As soon as the potatoes are cooked through, drain them and place them in the salad bowl. Pour 2 or 3 Tbsp dressing on them and toss. The warm potatoes will absorb the oil and flavors of the dressing and shallot. Steam or boil the green beans in salted water for no more than 5 minutes in a pressure cooker. They must be firm but not crunchy, soft but not floppy. They lose the brightness of their green color without really tarnishing. Drain the beans and add to salad bowl. Toss gently to avoid breaking the beans.

Homemade Bean Burgers

This is a recipe we found on a blog Kath Eats Real Food. Not only is this a great way to use your beans, but it's also a great way to get creative! This recipe is for one burger, so make sure to adjust accordingly. It's also very loose in terms of seasonings, use things you like and already have in your pantry. Remember, it's meant to be fun and it's all about trial and error! Enjoy!

Ingredients

1/3 C. Beans
1 Tbsp Whole Wheat Flour
Seasonings – The possibilities are endless!

Instructions

For one burger, combine beans and whole wheat flour. The starchier the beans, the better. Big beans like pinto work well, and dry beans like garbanzo do not. Add as many or as few seasonings as you like. Worcestershire, salt, pepper, and red pepper flakes are good options but feel free to add cumin, red curry powder, dill, hot sauce, BBQ sauce and more to taste. Feel free to also add chopped peppers, mushrooms or corn!

Mash everything together with a fork. This is HARD work. Just keep mashing. If you need to, add a half tsp of water.

Next, form a patty. Heat a flat skillet to medium high heat and spray with cooking spray. Plop down burger. Do not touch for 3-4 minutes. After 3-5 minutes, when you can shake burger loose in pan, flip. It should be lightly browned. Give it another 3-4 minutes and you're done! Garnish as you'd like!

Roasted Cauliflower Recipe

Rather than putting your cauliflower back into the freezer, try this recipe out. It's a simple and quick way to enjoy your cauliflower in this week's bag!

Ingredients

1 head of cauliflower
2-3 cloves of garlic, peeled and coarsely minced
Lemon juice from half a lemon
Olive oil
Coarse salt and freshly ground black pepper
Parmesan cheese

Instructions:

Preheat oven to 400°F. Cut cauliflower into florets and put in a single layer in an oven-proof baking dish. Toss in the garlic. Sprinkle lemon juice over cauliflower and drizzle each piece with olive oil. Sprinkle with salt and pepper. If the oven hasn't reached 400°F yet, set aside until it has. Place casserole in the hot oven, uncovered, for 25-30 minutes, or until the top is lightly brown. Test with a fork for desired doneness. Fork tines should be able to easily pierce the cauliflower. Remove from oven and sprinkle generously with Parmesan cheese. Serve immediately.